



NEWSLETTER



NAVCOMTELSTA Far East

Command Ombudsman Newsletter



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NOTE FROM YOUR OMBUDSMAN

Hello Everyone,

First I would like to give a warm welcome to our new NCTS FE Commanding Officer CAPT Mayer! I hope you enjoy the photos from the Change of Command Ceremony on pages 5 and 6 of this newsletter.

I hope you all had a wonderful spring and had a chance to enjoy the Sakura (Cherry Blossoms) when they were in bloom .

In this edition of the Ombudsman Newsletter the focus is on Naval Services FamilyLine. Naval Services Family Line provides a lot of support in the form of publications in print and online for Navy families as well as

spouse mentoring courses across the globe.

If there is ever a subject of interest that you would like covered in the newsletter please let me know. If you would like to contribute an article to the newsletter, I would be happy to include it for command approval.

Should you ever have any questions, concerns, or be in need of any resource information remember I am here for you! Wishing you a wonderful Summer!

Moriah Haefner

NAVAL SERVICES FAMILYLINE



Naval Services FamilyLine is a volunteer, nonprofit organization dedicated to empowering sea service families to meet the challenges of military lifestyle through information and resource assistance. Established in 1965 by and for Navy families, FamilyLine also supports Marine Corps and Coast Guard Families.

FamilyLine, formerly known as the Navy Wifeline Association, was established in 1965 by a group of Navy wives who wanted to form a channel of communication for all Navy Spouses. The aim was to provide a welcome and introduction to Navy life and to increase the spouses' understanding of the Navy's mission. This dedicated group established an office at the Washington Navy Yard and began publishing a quarterly newspaper. These Navy wives had the foresight to see the need for spouse and family support and provided the ground work for what has developed into a world-wide family support network.

With the support of the Chief Naval Operations and Navy Leadership, along with the financial support of the Navy League, Spouses Clubs worldwide, and other Navy, Marine Corps, and Coast Guard organizations, Naval Services FamilyLine has continued to grow and flourish, now providing 9 publications and spouse mentoring courses across the globe.

COMPASS: is a team-mentoring program developed by

spouses for spouses. Compass sessions are presented on a regular schedule throughout the year at over 15 different locations worldwide. This unique course helps spouses understand and meet the challenges of the Navy lifestyle. Becoming a new Navy Spouse can seem like traveling to a foreign country with it's own language, customs, traditions, and healthcare system. This 12-hour program (presented in three four-hour sessions) provides spouses with a realistic understanding of being par of the Navy family. Visit the [COMPASS](#) page to discover more.

Command Spouse Leadership Course was established in 1997 to capitalize on the positive impact spouses have on commanding officers, command support teams, and command families. It is crucial that spouses fully understand each others expected participation in all facets of the command tour on both professional and personal levels. This course is designed to shed light on what a tour is and how it will affect the family. The one-week course held in Newport, Rhode Island includes lessons in situational leadership, values, ethics, conflict resolution, stress, and crisis management. Visit their [Command Spouse Courses](#) page for more information.

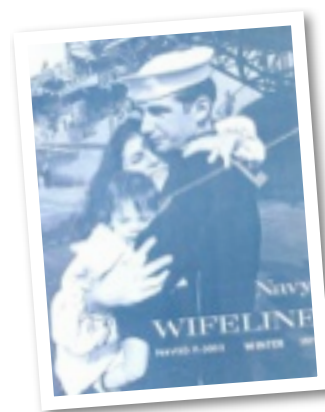
Command Master Chief Spouse Leadership Course is a one-week course designed exclusively for spouses of Senior enlisted personnel. It was modeled after the successful Command Spouse Leadership Course, then tailored to fit Senior Enlisted Spouses, and provides the same lessons in situational leadership, values, ethics, conflict resolution, stress and crisis management. In addition to in-depth discussions of the Ombudsman Program and the Command Support Team, you will

also have an opportunity to learn from the real life experiences of a former Command Master Chief and spouse. More information can be found on the [Command Spouse Courses](#) page.

Guideline Publication Series is a popular and invaluable tool for generations of Navy Spouses. It deals with understanding naval tradition, planning for challenges, and preparing for emergencies. They have made all of their publications, including the popular "Sea Legs" available for download online. You can view and download their e-reader friendly publications by visiting the [Guidelines](#) page.

CORE Library The Continuum of Resources and Education Library was developed to provide educational resources to spouses at all stages of their sea service family journey. The CORE online library provides a framework with which we can all learn and build on our mutual experiences as military spouses and family members. You can view their available resources, ideal for worships, at their [CORE Library](#) page.

Resources:
<http://www.nsfamilyline.org>



NAVAL SERVICES FAMILYLINE: PUBLICATIONS

Naval Services FamilyLine distributes the following publications:

- ***Social Customs and Traditions of the Sea Services*** acquaints the spouse with some of the social customs, traditions and organizations that are part of the sea services community.
- ***Guidelines for the Spouses of Commanding and Executive Officers*** contains information and helpful suggestions to assist the spouse of new CO's or XO's.
- ***Guidelines for the Spouses of Master Chiefs or Chiefs of the Boat*** offers helpful hints and information for spouses of new CMCs and COBs.
- ***Guidelines for the Spouses of Chief Petty Officers*** was developed by senior enlisted spouses. It offers helpful hints and information for spouses of new CPOs.
- ***Launching Clubs and Family Readiness Groups*** gives suggestions on how to start a new club or readiness group, as well as ideas for activities and projects for those already established.
- ***Military Families: Money and Mobility*** is provided by the National Military Family Association and addresses the unique financial concerns of military personnel and their families.
- ***IA Family Handbook*** provides information on what to expect when your Sailor does an Individual Augmentee assignment.
- ***Are You Ready? Guidelines for Navy Family Emergency Preparedness*** provides an explanation of entitlements, allowances and benefits and explains the mobilization process. A variety of resources are offered, including checklists to assist you in making sure all your important documents are in order.
- **The Naval Services FamilyLine portfolio** for new spouses includes the following booklets and brochures: *Welcome Aboard*, *Sea Legs*, *Money and Mobility*, *Social Customs and Traditions of the Sea Services*, *Navy Wives' Clubs of America*, *Helping Hand*, *TRICARE-at-a-Glance*, *Be Money Wise*, COMPASS information sheet and Federal Voting Assistance Program.

FAMILYLINE'S FOUR COMPONENTS



VOLUNTEER OPPORTUNITIES



Naval Services FamilyLine Volunteer Opportunities:

Join the Board

The Board of Directors, led by Chairman Gina Buzby, meets monthly on every second Thursday at the Washington Navy Yard to discuss organizational business. They

are currently in need of a **Publications Director** and **Co-Director** to oversee the editing, printing, and distribution of *Sea Legs* and the *Guideline Series*.

Become a Field Representative

Field Representatives are responsible for maintaining a relationship with local Fleet and Family Support Centers, assisting in publication orders, and informing FFSC personnel of FamilyLine events, activities, and resources. Field Representatives also work with the Spouse Clubs and Command Ombudsman to keep them informed of publications and resources available to them from FamilyLine.

Become a Mentor

COMPASS Mentors are experienced spouses who volunteer their time to pass their knowledge on to other Navy spouses. There are opportunities to become a Mentor, or even to help provide food and babysitting, at all of the COMPASS locations around the world.

If you are interested in sharing your Navy Spouse Knowledge with others, visit the COMPASS website to register for a class near you.

Mentors are also needed for the two Leadership Courses in Newport, Rhode Island. Visit the Command Spouse Courses page for more information. IF you are interested in mentoring at one of the two classes please contact the FamilyLine office by phone or email.

Contact Information:

Toll-Free: 1-877-673-7773
Washington, DC: 202-433-2333
DSN: 288-4333
Fax: 202-433-4622
email: info@nsfamilyline.org



CONGRATULATIONS ON QUALIFYING!

Congratulations to the following command members who are EIDWS qualified:



December 2012:

IT3 JARMAN
ET1 CHOW
IT2 KLAPPERICH
IT1 HALL

Feb 2013:

IT2 DOSSAH
IT2 KILLIAN
ITCS JOSEPH

Apr 2013:

CE1(SCW) MILLER
IT2 KENNEDY
ITC COSEY
IT3 MACKEY
CE1 DIWA
CE1 RAMOS
NC1 SHIPP

January 2013:

IT1 MYAH
CMDM MARK
LSCS GARCIA
ITC PARADOWSKI

Mar 2013:

IT2 FOX
ET2 CRANFORD
IT3 RUHL
IT3 BARROGO
ITC EVANS

CONGRATULATIONS ON YOUR AWARD!

The following individuals received their awards at Command Quarters on May 15, 2013. Congratulations!



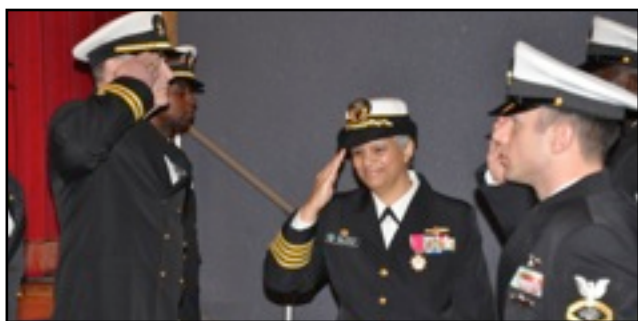
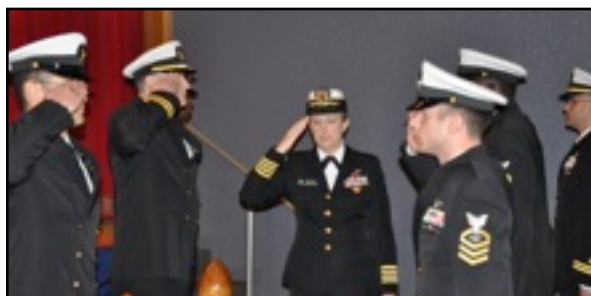
ENS WILSON
IT1 KRAYNAK
IT1 MILLER
IC1 MILTON
IT1 SHAW
NC1 SHIPP
IT2 MCPHAIL
ET2 STONE
IT3 RUHL

MR. GREEN
MR. HIGGINS
MR. MCKINSTRY
MR. J. MILLS
MR. NORRED
MR. B. SMITH
MR. STEPHAN
MR. STEVENS

CHANGE OF COMMAND



CHANGE OF COMMAND CONTINUED...



COMMAND QUARTERS



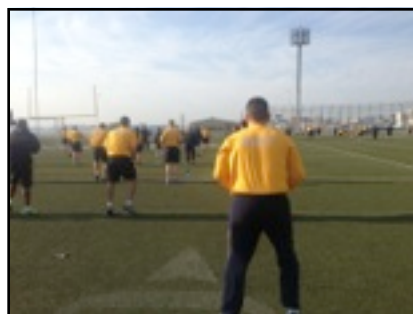
COMMAND QUARTERS



PHOTOS FROM CPO 365 & COMMAND PT



CPO 365



Command PT



RESOURCES

Navy Individual Augmentee

The U.S. Navy IA Sailor, Family, Command, and Employer website is designed to connect you, your family, your command and your employer to mobilization information.

This website will identify resources that will guide you through areas to provide support to the IA Sailor, Family, Command, and Employer throughout the IA Continuum (Pre-deployment, Man, Train, and Equip, Boots on Ground, and Re-deployment (de-mobilization) phases). <http://www.ia.navy.mil>

Ready Navy

[Ready Navy](#) is an emergency preparedness program created for you, the Navy community, to increase the ability of every person and family on or near Navy installations to meet today's challenges head on and plan and prepare for all types of hazards, ranging from hurricanes and earthquakes to terrorist attacks. By exploring the links on the Ready Navy site, you will:

- be informed of potential hazards and what to do before, during, and after an emergency
- understand the steps to make an emergency plan that includes what to do, where to go, and what to take with you
- learn to build a kit to support basic needs for a minimum of three days
- access tools and resources to help you and your family prepare for emergency situations that could arise at any time with no warning

Navy Voting Assistance Program

The Navy Voting Assistance Program (NVAP) provides voting assistance to all Department of the Navy personnel and their families around the world.

The NVAP ensures that all Navy personnel receive timely and accurate information regarding state and federal elections through all communications means available, 24-hours a day.

Every Navy command has a Unit Voting Assistance Officer (UVAO) and every installation has an Installation Voting Assistance Officer (IVAO). A Navy Voting Action Officer (NVAO) is assigned to manage the NVAP on behalf of the Navy's Senior Service Voting Representative, Commander, Navy Installations Command. Each branch of the military has a similarly structured Voting Assistance Program.

If you have any questions about absentee voting, voter registration, upcoming elections or anything else related to voting, the best place to start is with your command VAO or the Federal Voting Assistance Program (FVAP) website. FVAP's website is a one-stop-shop for all things voting related.



Military One Source The link below will take you directly to the new MOS eNewsletter. Each month, this newsletter covers topics of interest to both single service members and military families: Healthy Living, Family Life in the Military, Personal and Family Readiness, Career and Education Spotlight, and Tools and Resources. By clicking on any one of those topical panels, you will be able to access the monthly article! Read all five articles or just one, the choice is yours, but all of the options are available within one easy to use format! [eNewsletter](#)

Family Connection Newsletter is now available on CNIC's website (www.ffsp.navy.mil) and the Gateway 2.0 [HERE](#) in this edition:

- * Family Readiness Groups - Here to support you!
- * Connect with your Ombudsman for summer resources
- * Prepare for your move
- * Navy Housing - Make your move with us!
- * Navy Gateway Inns and Suites saves you and the Navy money
- * Wounded warriors experience the healing power of sports
- * Employment and Transition Corner

*Like us on Facebook <http://www.facebook.com/navyffsc> and follow us on Twitter http://twitter.com/Fleet_Family

LOCAL RESOURCES

Are you looking to stay up to date with all the MWR events in the area? If so, head to: <http://mwryokosuka.wordpress.com>

There you will find links to sign up for emails to receive the latest news and happenings. The site also has a weekly job listing for those interested in employment with MWR.

There is also a section for the School Liaison Services, Club Operations, Navy Fitness, Child & Youth Programs, and much more. When you head to the site click on the photo with "Mail Chimp" listed and select what types of emails you would like to receive from MWR directly. Now you can stay up to date with all the upcoming events at CFAY.



FLEET AND FAMILY SUPPORT CENTER (FFSC)



Are you looking for classes put on by the FFSC? Or what exactly it is they do? If so, check out their webpage at: <http://www.cnic.navy.mil/Yokosuka/FleetAndFamilyReadiness/SupportServices/index.htm>

There you will find information on relocation, personal finance management, employment assistance, Information and Referral, calendar of events, maps, directions, Intercultural relations, military and family support, deployment, transition assistance, clinical counseling, new parent support, victim assistance and much more!

They also have a Facebook page: https://www.facebook.com/pages/FFSC-Yokosuka-Japan/146358918737022?ref=hl%3Ftarget%3D_blank